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ISSN: 1053-8895

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Nutrition During Pregnancy

Books, Book Chapters, and Journal Articles (Materials are grouped by subject area and listed in order by year under subject area)

General Overview

"Maternal-fetal nutrition." Barbara Luke. *Clinical Obstetrics and Gynecology*, 17(1):93-109. 1994.

Clinical Maternal-Fetal Nutrition. Barbara Luke, Timothy R.B. Johnson, and Roy H. Petire. Boston, MA: Little, Brown, and Company. 1993. 335 pp.

"Nutrition during pregnancy: ACOG Technical Bulletin Number 179 - April 1993." *International Journal of Gynaecology and Obstetrics*, 43(1):67-74. 1993.

Nutrition in Pregnancy and Lactation. 5th ed. Bonnie Worthington-Roberts and Sue Rodwell Williams. St. Louis, MO: Mosby-Year Book, Inc. 1993. 537 pp.

"Preconceptional nutrition and reproductive outcomes." Judith E. Brown. *Annals of the New York Academy of Sciences*, 678:286-292. 1993.

Nutrition During Pregnancy and Lactation: An Implementation Guide. Institute of Medicine. Food and Nutrition Board. Committee on Nutritional Status During Pregnancy and Nutrition. Washington, DC: National Academy Press. 1992. 133 pp.

Nutrition Services in Perinatal Care. 2nd ed. Institute of Medicine. Food and Nutrition Board. Committee on Nutritional Status During Pregnancy and Nutrition. Washington, DC: National Academy Press. 1992. 114 pp.

Nutrition During Pregnancy: Part I: Weight Gain, Part II: Nutrient Supplements. Institute of Medicine. Food and Nutrition Board. Committee on Nutritional Status During Pregnancy. Washington, DC: National Academy Press. 1990. 468 pp.

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"Perspectives on nutrition during pregnancy: I. weight gain; II. nutrient supplements. Carol West Suitor. *Journal of The American Dietetic Association*, 91(1): 96-98. 1991.

"The role of the placenta in nutrition of the human fetus." Henning Schneider. *American Journal of Obstetrics and Gynecology*, 164(4):967-973. 1991.

Adolescent Pregnancy

"Dietary intake of pregnant adolescents in a rural southern community." Cindy Dunn, et al. *Journal of The American Dietetic Association*, 94(9):1040-1041. 1994.

"Position of The American Dietetic Association: nutrition care for pregnant adolescents." *Journal of The American Dietetic Association*, 94(4):449-450. 1994.

"Nutrition during teenage pregnancy." Yolanda Gutierrez and Janet C. King. *Pediatric Annals*, 22(2):99-108. 1993.

"Weight gain attitudes among pregnant adolescents." Catherine Stevens-Simon, Ida I. Nakashima, and Deborah Andrews. *Journal of Adolescent Health*, 14(5):369-372. 1993.

"Cravings and aversions of pregnant adolescents." Janet F. Pope, Jean D. Skinner, and Betty Ruth Carruth. *Journal of The American Dietetic Association*, 92(12):1479-1482. 1992.

"Determinants of weight gain in pregnant adolescents." Catherine Stevens-Simon and Elizabeth R. McAnarney. *Journal of The American Dietetic Association*, 92(11):1348-1351. 1992.

"Dietary quality of pregnant and nonpregnant adolescents." Jean D. Skinner and Betty Ruth Carruth. *Journal of The American Dietetic Association*, 91(6):718-720. 1991.

"Low-income pregnant adolescents and their infants: dietary findings and health outcomes." Mary E. Schneck, et al. *Journal of The American Dietetic Association*, 90(4):555-558. 1990.

Eating Patterns, Dietary Intakes, and Nutrition Assessment

"Dietary assessment of middle-income pregnant women during the first, second, and third trimesters." Madina S. Mikode and Adrienne A. White. *Journal of The American Dietetic Association*, 94(2):196-199. 1994.

"Use of a multicultural food-frequency questionnaire with pregnant and lactating women." H.E. Forsythe and B. Gage. *American Journal of Clinical Nutrition*, 59(1S):203S-206S. 1994.

- "Vitamin and mineral status of women of childbearing potential." Gladys Block and Barbara Abrams. *Annals of the New York Academy of Sciences*, 678:244-254. 1993.
- "Cultural influences on food cravings and aversions during pregnancy." Mary Coronios-Vargas, et al. *Ecology of Food and Nutrition*, 27(1):43-49. 1992.
- "Development of an interactive, self-administered computerized food frequency questionnaire for use with low-income women. Carol West Suitor and Jane D. Gardner. *Journal of Nutrition Education*, 24(2):82-86. 1992.
- "Eating habits and eating disorders during pregnancy." Christopher G. Fairburn, Alan Stein, and Rosemary Jones. *Psychosomatic Medicine*, 54(6):665-667. 1992.
- "Food beliefs and diets of pregnant Korean-American women." Elaine Kris Ludman, Keum Jee Kang, and Lois L. Lynn. *Journal of The American Dietetic Association*, 92(12):1519-1520. 1992.
- "Taste and food preference changes across the course of pregnancy." Deborah J. Bowen. *Appetite*, 19(3):233-242. 1992.
- "Food for Asian mothers-to-be." Susan Way. *Nursing Times*, 87(49):50-52. 1991.
- "Intake of tapwater and total water by pregnant and lactating women." Abby G. Ershow, Linda M. Brown, and Kenneth P. Cantor. *American Journal of Public Health*, 81(3):328-334. 1991.
- "Pica practices of pregnant women." Ronnie D. Horner, et al. *Journal of The American Dietetic Association*, 91(1):34-38. 1991.
- "Trends in alcohol consumption by pregnant women: 1985 through 1988." Mary Serdula, et al. *Journal of the American Medical Association*, 265(7):876-879. 1991.
- "Characteristics of diet among a culturally diverse group of low-income pregnant women." Carol West Suitor, Jane D. Gardner, and Michael L. Feldstein. *Journal of The American Dietetic Association*, 90(4):543-549. 1990.
- "Nutrient intakes during pregnancy: observations on the influence of smoking and social class." Frances M. Haste, et al. *American Journal of Clinical Nutrition*, 51(1):29-36. 1990.
- "Supplement use among a culturally diverse group of low-income pregnant women." Carol West Suitor and Jane D. Gardner. *Journal of The American Dietetic Association*, 90(2):268-271. 1990.

Folacin and Neural Tube Defects

- "Current issues in prenatal nutrition." T. Beaudette. *Seminars in Nutrition*, 13(3):1-18. 1994.
- "Folate fortification and neural tube defects: policy implications." Marion Nestle. *Journal of Nutrition Education*, 26(6):287-293. 1994.
- "Folic acid and prevention of neural tube birth defects: critical assessment of FDA proposals to increase folic acid intakes." Adrienne Bendich. *Journal of Nutrition Education*, 26(6):294-299. 1994.
- "Folic acid for the prevention of neural tube defects." Committee on Genetics. American Academy of Pediatrics. *Pediatrics*, 92(3):493-494. 1993.
- "Folate and neural tube defects: US policy evolves." *Nutrition Reviews*, 51(12):358-361. 1993.
- "Supplemental folic acid." Michael B. Zimmermann and Barry Shane. *American Journal of Clinical Nutrition*, 58(2):127-128. 1993.
- "Folic acid and neural tube defect: can't we come to closure." Walter C. Willett. *American Journal of Public Health*, 82(5):666-668. 1992.

Nutrient Requirements

- "Benefits and risks of modifying maternal fat intake in pregnancy and lactation." David L. Hachey. *American Journal of Clinical Nutrition*, 59(suppl. 2):454S-461S.
- "Are n-3 fatty acids essential nutrients for fetal and infant development?" Joyce A. Nettleton. *Journal of The American Dietetic Association*, 93(1):58-64. 1993.
- "Effects of energy and protein intakes on pregnancy outcome: an overview of the research evidence from controlled clinical trials." M.S. Kramer. *American Journal of Clinical Nutrition*, 58(5):627-635. 1993.
- "Vitamin A supplementation during pregnancy. ACOG Committee Opinion." Committee on Obstetrics: Maternal and Fetal Medicine. *International Journal of Gynaecology and Obstetrics*, 40(2):175. 1993.
- "Calcium metabolism in the pregnant and lactating female." Roy M. Pitkin. In: *Calcium Nutrition for Mothers and Children. Carnation Nutrition Education Series*. Reginald C. Tsang and Francis Mimouni (eds.). 3:27-37. 1992.

- "Iron balance in pregnancy and lactation." Leif Hallberg. In: *Nutritional Anemias. Nestlé Nutrition Workshop Series*. S.J. Foman and S. Zlotkin (eds.). 30:13-28. 1992.
- "Long chain fatty acids in obstetrics, gynecology, and fertility: a focus on non-eicosanoid-mediated mechanisms." Jamie Y. Jeremy. In: *Polyunsaturated Fatty Acids in Human Nutrition. Nestlé Nutrition Workshop Series*. U. Bracco and R.J. Deckelbaum (eds.). 28:179-194. 1992.
- "Zinc: a perinatal point of view." Roxana Valdes-Ramos. *Progress in Food and Nutrition Science*, 16(4):279-306. 1992.
- "The metabolism of trace elements in pregnancy." Peter J. Aggett, Doris M. Campbell, and R. Page. In: *Trace Elements in Nutrition of Children. Nestlé Nutrition Workshop Series*, 23:27-48. 1991.
- "Perinatal magnesium metabolism: personal data and challenges for the 1990's." Francis Mimouni and Reginald C. Tsang. *Magnesium Research*, 4(2):109-117. 1991.
- "Vitamin D and calcium homeostasis in pregnancy: feto-maternal relationships." Edgard E. Delvin, Bernard L. Salle, and Francis H. Glorieux. In: *Rickets. Nestlé Nutrition Workshop Series*. Francis H. Glorieux (ed.). 21:91-105.

Nutrition Education

- "Communication effectiveness of postnatal nutrition education in a WIC program." Maryam Navaie, Deborah Glik, and Kiran Saluja. *Journal of Nutrition Education*, 26(5):211-217. 1994.
- "Reading skill and comprehension of the Dietary Guidelines by WIC participants." Karen M. Busselman and Carol Ann Holcomb. *Journal of The American Dietetic Association*, 94(6):622-625. 1994
- "A meta-evaluation of nutrition education intervention research among pregnant women." Neal Richard Boyd and Richard A. Windsor. *Health Education Quarterly*, 20(3):327-345. 1993.
- "Pregnant adolescents learn about weight gain." Barbara Seed. *Journal of Nutrition Education*, 25(1):50B. 1993.
- "Development of a culturally appropriate food guide for pregnant Caribbean immigrants to the United States." Sharon L. Stowers. *Journal of The American Dietetic Association*, 92(3):331-336. 1992.

"Development of a prenatal weight gain intervention program using social marketing methods." Judith E. Brown, et al. *Journal of Nutrition Education*, 24(1):21-28. 1992.

"Education program for pregnant teenagers." Barbara Blauvelt Morlang and Jean C. Robbins. *Journal of Nutrition Education*, 24(1):50D. 1992.

"The association of prenatal nutrition and educational services with low birth weight rates of a Florida program." Douglas L. Taren and Stanley N. Graven. *Public Health Reports*, 106(4):426-436. 1991.

"Developing a daily food guide for women." Vicky Newman and Diana Lee. *Journal of Nutrition Education*, 23(2):76-82. 1991.

Nutrition Knowledge, Beliefs, and Attitudes

"Nutrition knowledge, attitude to healthier eating and dietary intake in pregnant compared to non-pregnant women." A.S. Anderson, D. Campbell, and Richard Shepherd. *Journal of Human Nutrition and Dietetics*, 6(4):335-353. 1993.

"Dietary quality and concerns about body weight of low-income pregnant women." Jill E. Armstrong and Terrilee T. Weijohn. *Journal of The American Dietetic Association*, 91(10):1280-1282. 1991.

"Practitioners beware: regional differences in beliefs about nutrition during pregnancy." Betty Ruth Carruth and Jean D. Skinner. *Journal of The American Dietetic Association*, 91(4):435-440. 1991.

"The impact of pregnancy on eating habits and attitudes to shape and weight." Christopher G. Fairburn and Sarah L. Welch. *International Journal of Eating Disorders*, 9(2):153-160. 1990.

Pregnancy Induced Hypertension

"Calcium supplementation prevents hypertensive disorders of pregnancy." *Nutrition Reviews*, 50(8):233-236. 1992.

"The relationship of calcium nutrition and metabolism to preeclampsia and premature labor." Leslie Myatt. In: *Calcium Nutriture for Mothers and Children. Carnation Nutrition Series*. Reginald C. Tsang and Francis Mimouni (eds.). 3:129-141. 1992.

"New concepts in the understanding of hypertensive diseases during pregnancy." Frederick P. Zuspan. *Clinics in Perinatology*, 18(4):653-659. 1991.

Special Needs

- "Consequences on the newborn of chronic maternal consumption of coffee during gestation and lactation: a review." Astrid Nehlig and Gérard Debry. *Journal of the American College of Nutrition*, 13(1):6-21. 1994.
- "Educational guidelines for pre-existing diabetes complicated by pregnancy." AADE Task Force on Diabetes and Pregnancy. *The Diabetes Educator*, 19(1):15-17. 1993.
- "Gestational diabetes." Donald R. Coustan. *Diabetes Care*, 16(suppl. 3):8-15. 1993.
- "Pregnancy and eating disorders: a review and clinical implications." Debra L. Franko and Barbara E. Walton. *International Journal of Eating Disorders*, 13(1):41-48. 1993.
- "From diagnosis to home management: nutritional considerations for women with gestational diabetes." Cynthia L. Armstrong, et al. *The Diabetes Educator*, 17(6):455-459. 1991.
- "Hyperlipidemia in pregnancy." Robert A. Hegele. *Canadian Medical Association Journal*, 145(12):1596. 1991.
- "Maternal phenylketonuria." Edward R.B. McCabe, et al. Committee on Genetics. American Academy of Pediatrics. *Pediatrics*, 88(6):1284-1285. 1991.
- "Phenylketonuria--impact of nutrition support on reproductive outcomes." Phyllis B. Acosta. *Nutrition Today*, 26(1):43-47. 1991.
- "The vegan diet during pregnancy, lactation, and childhood: pregnancy and the vegan diet." Reed Mangels. *Vegetarian Journal*, 10(1):9-13. 1991.
- "Theoretical and practical aspects of preventing fetal damage in women with phenylketonuria." Stephen Krywawych, M. Haseler, and D.P. Brenton. In: *Inborn Errors of Metabolism. Nestlé Nutrition Workshop Series*. J. Schaub, F. Van Hoof, and H.L. Vis (eds.). 24:125-135. 1991.
- "Potentially harmful beverages in pregnancy: recommendations and counseling strategies." Sharon E. Lesan. *Topics in Clinical Nutrition*, 6(1):17-23. 1990.

Weight Gain

- "The effect of pregnancy weight gain on later obesity." Sally Ann Lederman. *Obstetrics and Gynecology*, 82(1):148-155. 1993.

- "Pregnancy-related weight gain and retention: implications of the 1990 Institute of Medicine guidelines." Kenneth G. Keppel and Selma M. Taffel. *American Journal of Public Health*, 83(8):1100-1103. 1993.
- "Prenatal weight gain and postpartum weight retention: a delicate balance." Barbara Abrams. *American Journal of Public Health*, 83(8):1082-1084. 1993.
- "Recent issues related to nutrition during pregnancy." Sally Ann Lederman. *Journal of The American College of Nutrition*, 12(2):91-100. 1993.
- "Prenatal weight gain advice: an examination of the recent prenatal weight gain recommendations of the Institute of Medicine." Jennifer D. Parker and Barbara Abrams. *Obstetrics and Gynecology*, 79(5, pt. 1):664-669. 1992.
- "Relationship of self-reported prepregnant weight and weight gain during pregnancy to maternal body habitus and age." Catherine Stevens-Simon, Klaus J. Roghmann, and Elizabeth R. McAnarney. *Journal of The American Dietetic Association*, 92(1):85-87. 1992.

Booklets, Pamphlets, and Handouts (in alphabetical order by title)

The handout materials listed below are only available in bulk, as camera-ready masters, or to health professionals. There is a charge for some of the printed materials listed below. Please contact the source for current prices. Also refer to the Consumer edition of *Nutrition During Pregnancy Nutri-Topics* for additional handout materials.

Daily Food Guide: Pregnant Women. Indianapolis, IN: Indiana Dept. of Health. 1992.
Camera-ready master available from Division of Nutrition/WIC Program, Indiana State Dept. of Health, 1099 North Meridian, Suite 910, Indianapolis, IN 46204.
(317) 233-5579.

Daily Food Guide: The New Mother. Indianapolis, IN: Indiana Dept. of Health. 1992.
Camera-ready master available from Division of Nutrition/WIC Program, Indiana State Dept. of Health, 1099 North Meridian, Suite 910, Indianapolis, IN 46204.
(317) 233-5579.

Food Shopping List for a Healthy Pregnancy/Snacks for a Healthy Pregnancy. Philadelphia, PA: Philadelphia Department of Health. 1994. Available from Public Health Nutritionists, Maternal Child Health, Philadelphia Dept. of Health, 500 S. Broad. St., Philadelphia, PA 19146. (215) 685-6825. Available in Spanish.

My Child My Choices: Healthy Eating When You Are Pregnant (for pregnant adolescents). 1991. Madison, WI: University of Wisconsin-Extension, Cooperative Extension. Available from Cooperative Extension Publications, 30 North Murray St., Room 245, Madison, WI 53715. (608) 262-3346. (Publication number: B3548.)

Taking Care of Gestational Diabetes. (Available in Spanish: *El Ciudadano De La Diabetes Gestacional*) (for low literacy audiences). Marion J. Franz. Minneapolis, MN: ChroniMed, Inc. 1992. Available from ChroniMed, Inc., P.O. Box 47945, Dept. 857, Minneapolis, MN 55447-9729. (800) 444-5951.

Curriculum Guides and Teaching Kits (Materials are listed in alphabetical order.)

ABCs for a Healthy Pregnancy. Westmont, IL: Dairy Council of Wisconsin. 1993. Available from Dairy Council of Wisconsin, Corporate Office, 999 Oakmont Plaza Dr., Suite 510, Westmont, IL 60559. (800) 325-9121 or (708) 655-8866.

Choosing a Healthy Start: Nutrition for Pregnant Teens: Instructional Guide Packet. Honolulu, HI: Nutrition Branch, Hawaii State Department of Health. 1992. Available from Hawaii NET Program, Hawaii Dept. of Education, 189 Lunalilo Home Rd., 2nd Floor, Honolulu, HI 96825. (808) 396-2563.

Eating for a Better Start: A Nutrition Program for Pregnant Adolescents Participating in the Expanded Food and Nutrition Education Program (EFNEP). Revised. Judith Heald, Elizabeth Specht, and Madeleine Sigman. University Park, PA: The Pennsylvania State University. 1990. Available from: Penn State Nutrition Center, 417 East Calder Way, University Park, PA 16801-5663. (814) 865-6323.

Hey! What's Cookin'? (a nutrition curriculum for pregnant teens). Raleigh, NC: North Carolina Cooperative Extension Service. 1994. Available from: Calibre Sales and Marketing, P.O. Box 58617, Raleigh, NC 27658, 919-848-8888.

Nutrition for Pregnancy: Focus on Healthy Outcomes (in press) (for health professionals). Carol A. Hickey, Bonnie S. Worthington-Roberts, and Carol West Sutor. White Plains, NY: March of Dimes Birth Defects Foundation, 1275 Mamaroneck Ave., White Plains, NY 10605. (800) 367-6630.

Nutrition Screening, Assessment, and Guidance During Pregnancy (in press) (for health professionals). Carolyn O. Sharbaugh and Carol West Sutor. White Plains, NY: March of Dimes Birth Defects Foundation, 1275 Mamaroneck Ave., White Plains, NY 10605. (800) 367-6630.

Audiovisuals and Posters (Materials are listed in alphabetical order by title. Audience is consumers unless a more specific audience is indicated.)

Feeling Fat? (1988). Austin, TX: Texas Dept. of Health, Bureau of WIC Nutrition. Video available from MetroPost. (512) 476-3876. Slides available from: Holleman Photo Lab. (512) 441-4444. **Includes:** 10 minute (VHS) videocassette (12 minute for Spanish) or 77 slides and audiocassette with both English and Spanish versions. **Content:** Two young mothers discuss how they lost weight after childbirth.

Gain What it Takes to Build the Best Baby Possible (1988). Minneapolis, MN: Regents of the University of Minnesota. Available from the Division of Epidemiology, University of Minnesota. (612) 624-1818. **Includes:** 1-17" x 22" glossy black and white poster. **Content:** Encourages women to gain the right amount of weight during pregnancy.

Gestational Diabetes: Common Sense Guide for Expectant Moms (Available in Spanish: *Diabetes Durante La Gestación: Guía De Sentido Común Para Madres Embarazadas*) (1994). Evanston, IL: Creative Video/Altschul Group Corporation. (800) 421-2363. **Includes:** 13 minute (VHS) videocassette. **Content:** Provides an overview of gestational diabetes. Includes information about meal planning, exercise, blood glucose monitoring, and insulin injections.

Gestational Diabetes for Patient Education (1990). Boston, MA: Polymorph Film. (800) 223-5107 or (617) 542-2004. **Includes:** 9 minute (VHS) videocassette. **Content:** Provides an overview of gestational diabetes. Includes information about effects on the baby, complications, diet, and exercise. Also available in Spanish.

Get the Facts: Food Labeling in the 90's (1994). University Park, PA: The Pennsylvania State University. (814) 863-4509. **Includes:** 12 minute (VHS) videocassette. **Content:** Encourages pregnant women to read the new food label. Main characters are two pregnant women, a young Black-American woman and a White woman in her 30's.

Health During Pregnancy: Lily Looks Back (1993). Evanston, IL: Altschul Group Corporation. (800) 323-9084. **Includes:** 12 minute (VHS) videocassette. **Content:** Main character Lily looks back at her pregnancy and tells her sister about prenatal care, good nutrition for pregnancy, the Food Guide Pyramid, the importance of breakfast, exercise during pregnancy, and substances to avoid during pregnancy. Also available in Spanish.

Healthy Foods, Healthy Baby (1992). Philadelphia, PA: Philadelphia Department of Health. (215) 685-6825. **Includes:** 12 minute (VHS) videocassette and a leader's guide. **Content:** In a novela format, two young teens, one Black-American, one Hispanic, learn about good nutrition during pregnancy. **Audience:** pregnant teens and young women.

How to Grow the Best Baby Possible (1988). Minneapolis, MN: Regents of the University of Minnesota. Available from the Division of Epidemiology, University of Minnesota. (612) 624-1818. **Includes:** 1-17" x 22" glossy black and white poster. **Content:** Stresses eating right and gaining weight during pregnancy.

Inside My Mom (1990). White Plains, NY: March of Dimes Birth Defects Foundation. (800) 367-6630 or (717) 820-8104. **Includes:** 9 minute (VHS) videocassette or 80 slides with audiocassette. **Content:** A cartoon fetus talks to his mom about how to feed him during pregnancy. Also available in Spanish.

Lo Que Comes: Por Ti Y Tu Bebé (What You Eat: For You and Your Baby) (1993). Philadelphia, PA: Philadelphia Dept. of Health and Ethnovision, Inc. (215) 685-6825. **Includes:** 12 minute (VHS) videocassette, discussion guide, and English script. **Content:** Uses the novela format to teach young pregnant women about healthy eating habits during pregnancy. Includes information about weight gain and WIC. **Audience:** pregnant teens and young women of Puerto Rican decent. Only available in Spanish.

Morning Sickness: All Day & All Night (1994) Brookline, MA: Produced by Lemond-Aid Films, Inc.; Distributed by Grinnen-Barrett Publishing Company. (617) 232-1993. **Includes:** 30 minute (VHS) videocassette. **Content:** Gives an overview of morning sickness, including information about what is morning sickness, how to cope with morning sickness, and the what are the myths of morning sickness.

Nutrition after Childbirth: Setting a Standard for Life (1993) Evanston, IL: Altschul Group Corporation. (800) 421-2363. **Includes:** 11 minute (VHS) videocassette. **Content:** Teaches the postpartum woman about how to continue healthy nutrition habits after childbirth. Based on the Food Guide Pyramid.

Nutrition During Pregnancy: Healthy Me, Healthy Baby (Available in Spanish: *Nutrición Durante El Embarazo: Yo Saludable, Bebé Saludable*) (1993) Evanston, IL: Altschul Group Corporation. (800) 323-9084. **Includes:** 11 minute (VHS) videocassette. **Content:** A young woman visits the clinic and learns about good nutrition for pregnancy, including the Food Guide Pyramid, weight gain, meal ideas, and substances to avoid during pregnancy.

Pregnancy and Nutrition (1993) Timonium, MD: Milner-Fenwick. (410) 252-1700. **Includes:** 12 minute (VHS) videocassette. **Content:** Teaches the basics of good nutrition for a healthy pregnancy. Includes information about weight gain and problems during pregnancy. Recommendations are based on the Food Guide Pyramid.

Weight Gain Poster. (not dated) Philadelphia, PA: Philadelphia Dept. of Health. (215) 685-6825. **Includes:** 17" X 22" poster. *My Weight Gain Tablet* available to adhere to poster so clients can tear off sheets to track weight gain. **Content:** Encourages pregnant women to gain at least 30 pounds. Designed to accompany the booklet *Healthy Foods, Healthy Baby*.

Contacts for Assistance:

Local Contacts: (refer to your telephone directory)

Ask for the:

Dietetic Association (state or regional chapter)	Registered Dietitian
Extension Service (county or state)	Home Economist or Food and Nutrition Specialist
Health Department	Nutritionist
Hospital	Outpatient Nutrition Services or Registered Dietitian
College or University	Nutrition Department

National Contacts:

American College of Obstetricians and Gynecologists, Office of Public Information, 409 12th St., NW, Suite 250, Washington, DC 20024. (202) 638-5577.

Clearinghouse on Infant Feeding and Maternal Nutrition, American Public Health Association, 1015 15th St., NW, Washington, DC 20005. (202) 789-5600.

Food and Nutrition Information Center, National Agricultural Library, USDA, Room 304, 10301 Baltimore Blvd., Beltsville, MD 20705-2351. (301) 504-5719.

March of Dimes Birth Defects Foundation, 1275 Mamoroneck Ave., White Plains, NY 10605. (914) 428-7100.

National Center for Education in Maternal Child Health, 2000 15th St. North, Suite 701, Arlington, VA 22201-7802. (703) 524-7802.

National Center for Nutrition and Dietetics, The American Dietetic Association, 216 W. Jackson Blvd., Suite 800, Chicago, IL 60606-6995. (800) 366-1655.

Acknowledgement is given to the following reviewers:

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The resources listed contain accurate nutrition information and are available nationwide. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture. This *Nutri-Topics* is issued in three editions: Health Professional/Researcher, Consumer, and Educator.

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